

## HERE'S HOW TO STAY YOUNG, STRONG AND SEXY.

- > **MAKE** SURE YOU'RE CONSUMING 1,000 MG. OF CALCIUM A DAY BEFORE MENOPAUSE. AFTER MENOPAUSE OR AFTER A HYSTERECTOMY, A WOMAN SHOULD CONSUME 1,500 MG. OF CALCIUM A DAY IN HER DIET OR SUPPLEMENTS. (CALCIUM LEVELS: 1 CUP SKIM MILK - 302 MG.; 1 CUP YOGURT - 415 MG.; 1/2 CUP TOFU - 434 MG.; 1 CUP BROCCOLI - 136 MG.)
- > **GET** ENOUGH VITAMIN D (400-600 IU), WHICH HELPS YOUR BODY USE CALCIUM. TAKING MULTIVITAMINS, BEING IN THE SUN ABOUT 5 TO 15 MINUTES A WEEK OR DRINKING VITAMIN D FORTIFIED MILK WILL PROVIDE ENOUGH VITAMIN D.
- > **DO** WEIGHT-BEARING EXERCISE SUCH AS JOGGING, WALKING OR DANCING FOR 30-40 MINUTES AT LEAST THREE TIMES A WEEK.
- > **DON'T** SMOKE. LIMIT USE OF ALCOHOL AND CAFFEINE BECAUSE THEY TAKE CALCIUM AWAY FROM YOUR BONES.
- > **CHECK** WITH YOUR DOCTOR ABOUT ESTROGEN REPLACEMENT THERAPY OR ALTERNATIVES.

For more information call the Texas  
Department of Health at **1-800-242-3399**  
or check our website at [www.tdh@state.tx.us](http://www.tdh@state.tx.us)



10-77-3-99

# Nobody said you had to act your age.



# It's all about Independence

The strength to move, bend, work, play, enjoy and thrive. The strength to get all the best out of your life by keeping your bones strong for the rest of your life.



## Strong bones are the best support

*For a strong woman*

Fact is, our bones start to lose mass in our 30's. During our middle years, as we're going through "the change," loss of bone occurs more quickly, since our bodies produce less estrogen, the female hormone so essential for bone health. For some women whose estrogen levels fall more sharply, bones may become weak and fragile. This condition, called osteoporosis, may be more common among some groups, such as Caucasian women. But this doesn't have to happen to you. You can help prevent it. Get the facts from your doctor and follow the recommended guidelines in this brochure. Take these steps to take charge of "the change" and stay strong for the rest of your life. And please, pass this information along to a friend.

**Want more tips on staying young, eating right and making all the right moves as you mature? Call the Texas Department of Health at **1-800-242-3399** or check our website at [www.tdh@state.tx.us](http://www.tdh@state.tx.us)**